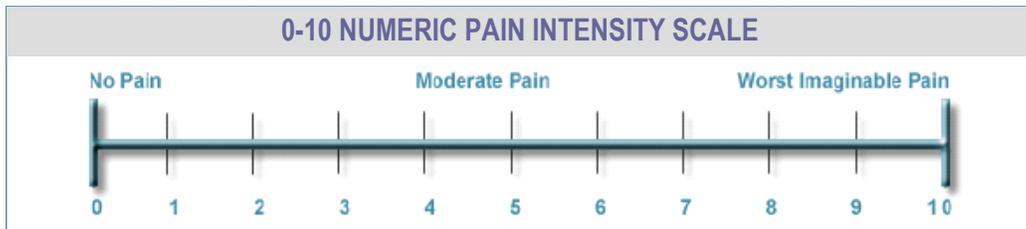


Pain Assessment with the "0—10 Numeric" Pain Intensity Scale

The 0 to 10 pain scale is commonly and successfully used with hospitalized and nursing home patients, even those with mild to moderate dementia. The scale is often displayed as a line numbered from zero to ten as shown below.



This scale asks the person in pain to assign a number, from zero to ten, to the severity of their pain.

It is important to properly instruct the person in how to rate their pain. Use the following statements to ask the person to rate their pain.

1. I would like you to rate your pain on a scale from zero to ten.
2. 'Zero' means you have no pain at all.
3. 'Ten' means the worst possible pain you can image.
4. What number would you give to your pain?

A common administration error is to describe "10" as "the worst pain you ever had." For some people, the worst pain they ever had may have been something minor like a toothache; and remember, persons with dementia may not be able to remember their worst pain.

A variation of this technique is to provide the instructions, then ask the person to point to the number that represents their pain.

The values on the pain scale correspond to pain levels as follows:

- 1 - 3 = mild pain
- 4 - 6 = moderate pain
- 7 - 10 = severe pain